

*Mayor of Souderton Dan Yocum*  
**Mayor's Memo!**



As we enter the holiday season (*where has this year gone!*) food becomes central to our lives and gatherings. Sometimes it is easy to forget that we have neighbors in need. Fortunately, Souderton has many generous feeding programs including Keystone Opportunity Center, The Bean Bag Program, Table of Plenty, and the E-Meal Program, to name a few; all of which would be grateful recipients for those looking to donate food during this season of giving. But the focus of this Mayor's Memo will be to celebrate the **50<sup>th</sup> Anniversary** of the Meals on Wheels Program at Generations of Indian Valley. I have asked my good friend and Executive Director of Generations Doug Eschbach, to give our residents a glimpse into this amazing program that many of us may not even realize has been making a tremendous impact in Souderton and beyond for the last half century!

“The Meals on Wheels program at Generations of Indian Valley is celebrating its 50<sup>th</sup> Anniversary of service to the community in 2023. In 1972 a small committee comprised of local clergy and interested volunteers began planning for a home delivered meal program that would support homebound older adults in the Indian Valley area. On February 12, 1973, the first Meals on Wheels deliveries were made.

Through the years, literally thousands of community residents have served as Meals on Wheels volunteers. Their selfless efforts have provided a steady source of nutritional support for older adults, living at home, who are unable to prepare food for themselves. Contributions from surrounding community residents, along with local business, service clubs, organizations, and faith communities have added their financial support to the vital funding offered by the Montgomery County Office of Senior Services.

Since those first deliveries, our program provides for many more people in a far larger area. Currently, the program brings meals to residents of Souderton, Telford, Franconia, Hatfield, Upper Salford, Salford, Lower Salford, Montgomeryville, North Wales, Upper Gwynedd, Lansdale, Towamencin, Worcester, and parts of Horsham. All of the meals are prepared and packed

### Community Events

**Cranksgiving Charity Bike Ride**

Saturday Nov 4 at 8am  
 Starting at top of Main Street

**Regular Borough Council Meeting**

Monday, November 6<sup>th</sup> at 7pm  
 Souderton Borough Hall

**65<sup>th</sup> Annual Holiday Fair**

Saturday, Nov. 11<sup>th</sup> 9am to 3pm  
 Indian Crest Middle School

**Tree Lighting Celebration**

Friday, Dec. 1<sup>st</sup> at 6pm  
*NEW LOCATION* Washington & Broad

**Souderton Holiday Parade**

Saturday, Dec. 2<sup>nd</sup> at 11am  
 Down Main and E Broad Streets

**Regular Borough Council Meeting**

Monday, Dec. 4 at 7pm  
 Souderton Borough Hall

in the Generations kitchen at 259 N Second Street, Souderton. They are delivered by the volunteers who cover 15 different routes each day.

Our clients receive 2 meals each day – a hot meal for noontime and a cold meal for the evening - - all prepared from scratch using fresh fruit and produce. Daily menus are reviewed and approved by a local Registered Dietician, and a County Registered Dietician before they are served. Each of our meals contains at least one-third of the required daily allotment of nutrients outlined in federal guidelines.

Generations' commercial kitchen is inspected and certified by both the Montgomery County Department of Health and the Montgomery County Office of Senior Services. Kitchen staff are professionally trained and certified. In addition to the kitchen staff of 2 full-time and 1 part-time employees, the program also has a coordinator for the Indian Valley communities and a coordinator for the North Penn communities.

In the past year, Generations' Meals on Wheels program served 302 individual clients with two meals each day. While numbers can fluctuate as people are added or removed from service, operating at full capacity means that the program delivers up to 104,000 meals each year. For many of our clients, these meals help them to remain independent and living in their own homes. Daily deliveries also provide each client with a social contact and friendly visit from our volunteers. This daily check-in service is appreciated both by our clients and by their families.

Generations currently has 294 volunteers serving in this program. Some assist in the preparation and packing of meals. Others help with delivering meals. Still others help with fundraising efforts or help with the daily cleaning of cooler chests and hot transport bags. These kind souls are essential to the program and make a tremendous difference in the lives of our meal recipients through their daily personal contacts.

If you would like to volunteer with Meals on Wheels or support our program financially, we would welcome your interest. Interested volunteers are invited to contact Pat McQue (Indian Valley territory) or Heather Lewis (North Penn territory) at Meals on Wheels: 215-723-8555.

Generations is honored to have worked with so many partners over the years in providing this community support. We look forward to serving older adults for generations to come!"

- *Doug Eschbach*  
*Executive Director, Generations of Indian Valley*

